GOBIND MARG

THE MONTHLY BULLETIN OF

GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

AUGUST 2021 – VOL XXVIII ISSUE 8

The Sikh holy scripture, Granth Sahib ji, was compiled by Guru Arjan Dev ji the fifth Nanak, who dictated its deeply reflective and morally inspiring Word of God to Bhai Gurdas ji. This monumental work which included contributions not only of the Sikh Gurus but uniquely also selected works of other holy men, was completed after constant dedication of the highest order after three years, on 31 August 1604, and installed at Harmandar Sahib on 1 September 1604. Guru Gobind Singh ji later added the hymns of Guru Tegh Bahdur ji and in 1708 made the Granth the Eternal Guru of the Sikhs – Sri Guru Granth Sahib ji. Today it adorns the central place in every Sikh Gurdwara in the world.

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

One Universal Creator God, Realised By the Grace of The True Guru

Monday - Saturday (Excluding Tuesdays)

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note

During the restricted services of the Gurdwara these services are currently suspended.

The current Gurdwara programme appears on page 5.

ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥

GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD
Enquiries: 020 8577 2793 Email: khalsa@sgss.org Website: www.sgss.org
Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314 Inland Revenue Ref. CC 15570

August 2021

Important Days	Event	Nanakshahi Calendar Days	
		August ਸਾਵਣ / ਭਾਦੋਂ	Sept ਭਾਦੋਂ / ਅੱਸੂ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	16	16
Massia (ਮੱਸਿਆ)	No Moon (Dark Night)	22	
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	22	
Gurpurb, Jyoti Jot, Shahidi & Guruship			
Sri Guru Granth Sahib ji	Completion (ਸੰਪੂਰਨਤਾ)	30	
Sri Guru Granth Sahib ji	Inauguration (ਪਿਹਲਾ ਪ੍ਰਕਾਸ਼)		1
Guru Amardas ji	Jyoti Jot		16
Guru Ramdas ji	Guruship & Jyoti Jot		16
Guru Arjan Dev ji	Guruship		16
Guru Angad Dev ji	Guruship		18
Guru Nanak Dev ji	Jyoti Jot		22
Historical Dates & Events			
Baba Isher Singh ji Rarha Sahib	Barsi	26	
Baba Nand Singh ji Kaleran Walé	Barsi	28	
Bhai Dilawar Singh Babbar	Shahidi	31	
Bhai Balvinder Singh Jataana	Shahidi		16
Baba Buddha ji	Barsi		18

General Secretary Writes

Gurmeet Singh Dhanoa

Dear Sangat Jee – WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh

Relaxation of Covid Restrictions

19th July saw many of the restrictions from the Government's roadmap lifted – this included some social-distancing rules and restrictions around events and travel. It still remains however extremely important that we keep ourselves and each other safe. It is critical that we get vaccinated, tested and follow common sense rules to protect everyone. The Gurdwara continues to strongly encourage all visitors to act responsibly whilst hosting NHS 'Rapid Covid Testing' and the 'C19 Vaccination Drop-In' clinics every Thursday.

Executive Committee Elections

The Gurdwara's elections for the Executive Committee will be held on Sunday, 29th August. As per constitution requirement, this was announced on 18th July. The key milestone dates are:

- ✓ 23rd July Start for acceptance of Nomination Forms
- ✓ 8th August Closing of acceptance of Nomination Forms
- ✓ 15th August Announcement of eligibility for candidature
- ✓ 29th August Elections, if applicable

Further details can be found on our website www.sgss.org.

Adjoining Car Park Land Development

With reference to the adjoining site, following The Wings Academy consultation held at the Gurdwara on 11th June - www.wingsacademy.org.uk/consultation, the developers held their online consultation on 14th July – www.hanworthroadconsultation.co.uk. Understanding of the wider picture has led to strong opposition from the sangat to challenge the approval of 5-storey flats next to the Gurdwara.

We have also written to the Leader of the Council Cllr Steve Curran regarding our views. We also protested on 23rd July with other organisations like the OWGRA and The Green Party, supported by our supporters from the Hounslow Masjid at the Holiday Inn in Brentford Lock where the developers in Hounslow presented their portfolios to the Council. Here are some photos of the day:

The application for the SEN (Special Education Needs) school and 125 residential units will be made to the Council in August during the school holidays. We, along with our supporters, will continue to challenge the decision based on factual evidence and wishes of the residents and our sangat. Simultaneously, we seek your strong support (the only currency that we can trade!) and request you to please:

http://chng.it/chkbPM5QXK

- Sign the Petition – In-house forms available and Online (QR code, link provided)
- Write to your local Councillor
- Attend the Gurdwara regularly for engagement and updates.

Bookings: To enable us to continue supporting the sangat whilst remaining compliant with the Government Guidelines, we are happy to discuss your needs. During July, services performed were:

- Weddings 18
- Sukhmani Sahib Path/Kirtan 20
- Sehaj Path 15
- Funerals 7

Opening Times: The Gurdwara will remain open daily, operating within the Government guidelines between 7:00am and 8:00pm, as per programme on page 5.

Matrimonial Office: Open Mon-Fri 10:00am-12:00 pm, Sat-Sun 10:00am-1:00pm
Closed Bank Holidays. Contact via email marriages@sgss.org

Main Office: 10:00am-5:00pm Daily

Health & Safety: Please ensure you follow the Government & Gurdwara guidelines, as well as any instructions from the official sewadars, to keep everyone safe during your stay.

Show Your Gratitude: Please donate to the Gurdwara to help run the Sangat services:
By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD
Online: Donations can be made online at www.sgss.or/donate

Gurdwara Sri Guru Singh Sabha Hounslow

PROGRAMME from 17May 2021

Mon-Sat - Exc Tue - **Early**

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:45	Katha
11:30	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Tuesday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:30	Katha
11:30	Sukhmani Sahib Paath
12:15	Ladies Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Sunday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
8:00	***AP SPB SS**
9:00	Kirtan
9:45	Ardaas
10:00	Youth Kirtan
11:00	Kirtan
12:00	Katha
1:00	Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

***AP SPB SS** – Akhand Path or Sehaj Paath Bhog of Sukhmani Sahib

Please ensure the Government & Gurdwara Guidelines are followed

The *Benti Chaupai* is a bani taken from the **Dasam Granth**. It is written in quatrains (groups of four verses, as indicated by the name Chau+pai). Within the Rehras Sahib paath the first 25 quatrains are included in the *Nitnem* (daily prayer) Gutkas, as per the *Rehat Maryada*. At the start of the bani, in all Gutkas, has been written Patshahi 10, to convey the bani as a composition of Guru Gobind Singh ji.

The tone of this bani is that of a **martial prayer**, which is in consonance with the use of the salutation 'Waheguru ji ki Fateh', which became a popular form of greeting after the tenth Nanak had created the Khalsa at Anandpur Sahib on Baisakhi day, 1699. It indicates that in all our worldly or spiritual battles, victory comes with the grace of Waheguru.

	੧ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ ॥ ਕਬਜੋ ਬਾਚ ਬੇਨਤੀ॥ ਚੌਪਈ ॥	**Glossary**	**Contextual Meaning** Benti (plea) offered by the poet
1	ਹਮਰੀ ਕਰੋ ਹਾਥ ਦੈ ਰਛਾ ॥	ਹਾਥ ਦੈ, ਰਛਾ	Your hand (on head), Keep us
2	ਪੂਰਨ ਹੋਇ ਚਿਤ ਕੀ ਇਛਾ ॥		
3	ਤਵ ਚਰਨਨ ਮਨ ਰਹੈ ਹਮਾਰਾ ॥	ਤਵ ਚਰਨਨ	Your feet
4	ਅਪਨਾ ਜਾਨ ਕਰੋ ਪ੍ਰਤਿਪਾਰਾ ॥੩੭੭॥	ਪ੍ਰਤਿਪਾਰਾ	Nurture
5	ਹਮਰੇ ਦੁਸਟ ਸਭੈ ਤੁਮ ਘਾਵਹੁ ॥	ਦੁਸਟ, ਘਾਵਹੁ	Enemies, Destroy
6	ਆਪੁ ਹਾਥ ਦੈ ਮੋਹਿ ਬਚਾਵਹੁ ॥		
7	ਸੁਖੀ ਬਸੈ ਮੋਰੋ ਪਰਿਵਾਰਾ ॥		
8	ਸੇਵਕ ਸਿਖਜ ਸਭੈ ਕਰਤਾਰਾ ॥੩੭੮॥		
9	ਮੋ ਰਛਾ ਨਿਜੁ ਕਰ ਦੈ ਕਰਿਯੈ ॥	ਨਿਜੁ ਕਰ, ਕਰਿਯੈ	Own Hands, Do please
10	ਸਭ ਬੈਰਿਨ ਕੌ ਆਜ ਸੰਘਰਿਯੈ ॥	ਬੈਰਿਨ, ਸੰਘਰਿਯੈ	Enemies, Destroy
11	ਪੂਰਨ ਹੋਇ ਹਮਾਰੀ ਆਸਾ ॥		
12	ਤੋਰਿ ਭਜਨ ਕੀ ਰਹੈ ਪਿਯਾਸਾ ॥੩੭੯॥		
13	ਤੁਮਹਿ ਛਾਡਿ ਕੋਈ ਅਵਰ ਨ ਧਯਾਊ ॥	ਧਯਾਊ	Meditate upon
14	ਜੋ ਬਰ ਚਾਹੌਂ ਸੁ ਤੁਮ ਤੇ ਪਾਊ ॥	ਬਰ	Blessing (benediction)
15	ਸੇਵਕ ਸਿਖਜ ਹਮਾਰੇ ਤਾਰਿਯਹਿ ॥	ਤਾਰਿਯਹਿ	To save or make successful
16	ਚੁਨ ਚੁਨ ਸਤ੍ਰ ਹਮਾਰੇ ਮਾਰਿਯਹਿ ॥੩੮੦॥	ਸਤ੍ਰ	Enemies
17	ਆਪੁ ਹਾਥ ਦੈ ਮੁਝੈ ਉਬਰਿਯੈ ॥	ਉਬਰਿਯੈ	Raise or uplift
18	ਮਰਨ ਕਾਲ ਕਾ ਤ੍ਰਾਸ ਨਿਵਰਿਯੈ ॥	ਤ੍ਰਾਸ, ਨਿਵਰਿਯੈ	Dread, Save or rescue
19	ਹੂਜੋ ਸਦਾ ਹਮਾਰੇ ਪੱਛਾ ॥	ਹੂਜੋ, ਪਛਾ	Become my, Helper
20	ਸ੍ਰੀ ਅਸਿਧੁਜ ਜੂ ਕਰਿਯਹੁ ਰੱਛਾ ॥੩੮੧॥	ਅਸਿਧੁਜ	Banner (with sword sign)

ਪੰਜਾਬੀ ਅਰਥ

Lines 1-4: ਹੇ ਪ੍ਰਮਾਤਮਾਂ! ਆਪਣਾ ਹੱਥ ਦੇ ਕੇ ਮੇਰੀ ਰੱਖਿਆ ਕਰੋ, ਮੇਰੇ ਮਨ ਦੀ ਇੱਛਿਆ ਪੂਰੀ ਹੋਵੇ। ਮੇਰਾ ਮਨ ਤੇਰੀ ਚਰਨੀ ਲਗਾ ਰਹੇ। ਤੁਸੀਂ ਮੈਨੂੰ ਆਪਣਾ ਦਾਸ ਜਾਣ ਕੇ ਮੇਰੀ ਰਖਿਆ ਤੇ ਪਾਲਣਾ ਕਰੋ।

Lines 5-8: ਹੇ ਵਾਹਿਗੁਰੂ ਜੀਓ! ਮੇਰੇ ਸਾਰੇ ਵੈਰੀਆਂ ਦੁਸ਼ਮਣਾ ਨੂੰ ਨਾਸ ਕਰੋ। ਆਪਣਾ ਹੱਥ ਦੇਕੇ ਮੈਨੂੰ ਉਨਾ ਤੋਂ ਬਚਾ ਲਵੋ। ਹੇ ਪ੍ਰਮਾਤਮਾਂ! ਮੇਰਾ ਪਰਵਾਰ ਮੇਰੇ ਸਿਖ ਤੇ ਸੇਵਕ ਸਭੇ ਹੀ ਸੁਖੀ ਵਸਣ।

Lines 9-12: ਹੇ ਪ੍ਰਮਾਤਮਾਂ! ਆਪਣਾ ਹੱਥ ਦੇ ਕੇ ਮੇਰੀ ਰੱਖਿਆ ਕਰੋ ਅਤੇ ਮੇਰੇ ਸਾਰੇ ਵੈਰੀਆਂ ਨੂੰ ਅੱਜ ਹੀ ਮਾਰ ਮੁਕਾ ਦਿਓ। ਮੇਰੀ ਆਸ ਇੱਛਿਆ ਪੂਰੀ ਹੋਵੇ ਤੇ ਤੇਰੇ ਭਜਨ ਦੀ ਮੈਨੂੰ ਪਿਆਸ ਲਗੀ ਰਹੇ।

Lines 13-16: ਹੇ ਅਕਾਲ ਪੁਰਖ ਜੀਓ! ਤੈਨੂੰ ਛੱਡ ਕੇ ਮੈਂ ਹੋਰ ਕਿਸੇ ਨੂੰ ਨਾ ਧਿਆਵਾਂ। ਜਿਹੜੇ ਵੀ ਵਰ ਮੈਂ ਚਾਹਵਾਂ ਉਹ ਸਭ ਤੈਥੋਂ ਪਰਾਪਤ ਕਰ ਲਵਾਂ। ਮੇਰੇ ਸਾਰੇ ਸਿੱਖਾਂ ਸੇਵਕਾਂ ਨੂੰ ਤਾਰ ਲਵੋ ਅਤੇ ਮੇਰੇ ਸਭ ਵੈਰੀਆਂ ਨੂੰ ਚੁਣ ਚੁਣ ਮਾਰ ਦਿਓ।

Lines 17-20: ਹੇ ਪ੍ਰਮਾਤਮਾਂ! ਆਪਣਾ ਹੱਥ ਦੇ ਕੇ ਮੇਰੀ ਆਪ ਰੱਖਿਆ ਕਰੋ, ਅਤੇ ਮੇਰੇ ਮਨ ਵਿਚੋਂ ਮਰਨ ਸਮੇਂ ਮੌਤ ਦਾ ਡਰ ਦੂਰ ਕਰੋ। ਸਦਾ ਮੇਰੇ ਪੱਖੀ (ਮਦਦਤਗਾਰ) ਬਣੋ ਜੀ ਅਤੇ ਹੇ ਮਹਾਂਕਾਲ ਜੀ (ਸਭ ਦਾ ਨਾਸ ਕਰਨ ਵਾਲੇ ਕਰਤਾਰ) ਮੇਰੀ ਰੱਖਿਆ ਕਰੋ।

English Rendition

Lines 1-4: O Waheguru! Bless me with Your Hand and protect me. With Your grace fulfil all my mind's desires. May my mind ever remain attached to Your Feet. Destroy all my enemies. Give me Your Hand and save me.

Lines 5-8: O Waheguru! Destroy all my enemies. Give me Your Hand and save me. May my family members live in peace. May all my Sikhs, Your selfless servers, live in peace.

Lines 9-12: O Waheguru! Give me Your Hand and protect me. Destroy all my enemies today. May my hope be fulfilled that the thirst for Your remembrance ever continues in me.

Lines 13-16: O Waheguru! May I not forsake You and may I not meditate on anyone but You. May I acquire whatever gifts I desire only from You. With Your blessing may my Sikhs, Your selfless servers, cross the world ocean. Destroy my enemies after singling them out.

Lines 17-20: O Waheguru! With your kindness give me Your Hand and save me. Destroy from within me, fear at the time of death. With the sword on Your banner, be the Protector at my side at all times.

ਮਿੱਟੀ ਦਾ ਮੋਹ

Jagtar Singh Thethi

ਕੁਦਰਤੀ ਗੱਲ ਹੈ ਕਿ ਜਿਸ ਅਸਥਾਨ ਤੇ ਕਿਸੇ ਦਾ ਜਨਮ ਹੋਂਦਾ ਹੈ ਤੇ ਬਚਪਨ ਬੀਤਦਾ ਹੈ, ਜੋ ਉਸਦੇ ਬਚਪਨ ਦੇ ਸਾਥੀ ਜਿੰਨ੍ਹਾਂ ਨਾਲ ਖੇਡਦਾ ਸੀ, ਜਾਂ ਜੋ ਸਕੂਲ ਵਿਚ ਬੱਚੇ ਨਾਲ ਪੜ੍ਹਦੇ ਸਨ, ਜੋ ਭੀ ਬਚਪਨ ਦਾ ਵਾਤਾਵਰਣ ਸੀ, ਕਦੀ ਭੁਲਦਾ ਨਹੀਂ ਹੈ। ਇਸ ਦੀ ਪ੍ਰੋੜ੍ਹਤਾ ਇਸ ਗੱਲ ਤੋਂ ਹੋਂਦੀ ਹੈ ਕਿ ਸਾਨੂੰ ਇਸ ਦੇਸ਼ ਵਿਚ ਰਹਿੰਦਿਆਂ ਭਾਵੇ ੫੦ ਸਾਲ ਤੋਂ ਵੀ ਵੱਧ ਸਮਾਂ ਹੋ ਗਯਾ ਹੈ, ਪਰ ਅਜੇ ਭੀ ਪਿੰਡ ਦੀਆਂ ਗਲੀਆਂ, ਬਚਪਨ ਦੇ ਸਾਥੀ ਤੇ ਪਿੰਡ ਦੇ ਛੋਟੇ ਵੱਡੇ ਲੋਕ, ਘਰ ਬਾਰ ਚੇਤੇ ਆਓਂਦੇ ਹਨ। ਇਸ ਘੁੱਮਣਘੇਰੀ ਵਿਚ ਇਕ ਘਟਨਾ ਚੇਤੇ ਆਈ ਹੈ ਜੋ ਕਿ ਆਪਣੇ ਪਾਠਕਾਂ ਨਾਲ ਸਾਂਝੀ ਕਰ ਰਿਹਾ ਹਾਂ।

ਸਨ ੧੯੬੦ ਦੀ ਗੱਲ ਹੈ ਜਦੋਂ ਮੈਂ, ਤੇ ਮੇਰਾ ਪਰਿਵਾਰ ਫਗਵਾੜੇ ਰਹਿੰਦੇ ਸੀ। ਮੇਰੇ ਪਿਤਾ ਜੀ ਅਫਰੀਕਾ (ਤਨਜਾਨੀਆ) ਰਹਿੰਦੇ ਸਨ ਤੇ ਇਕ ਛੋਟਾ ਭਰਾ ਗਲਾਸਗੋ, ਅਰਚੀਟੈਕਟ ਦੀ ਪੜ੍ਹਾਈ ਕਰ ਰਿਹਾ ਸੀ। ਓਹਨਾ ਦਿਨਾਂ ਵਿਚ 'ਏਅਰ ਲੈਟਰ' ਹੀ ਆਓਂਦੇ ਜਾਂਦੇ ਸਨ। ਇਕ ਦਿਨ ਪਿਤਾ ਜੀ ਵੱਲੋਂ ਇਕ ਏਅਰ ਲੈੱਟਰ ਆਇਆ। ਸਾਧਾਰਨ ਪਰਿਵਾਰਕ ਗੱਲਾਂ ਲਿਖੀਆਂ ਸਨ। ਅਸੀਂ ਚਿੱਠੀ ਪੜ੍ਹ ਲਈ ਪਰ ਚਿੱਠੀ ਬਾਹਰਲੇ ਦੂਸਰੇ ਦੇਸ਼ ਵਿੱਚੋਂ ਆਈ ਸੀ, ਇਸ ਕਰਕੇ ਗੱਲਾਂ ਭੀ ਵਿਦੇਸ਼ ਦੀਆਂ ਚਲ ਪਈਆਂ। ਮੇਰੀ ਪਤਨੀ ਕਿਹਣ ਲੱਗੀ, "ਤੁਹਾਡਾ ਪਰਿਵਾਰ ਵਿਦੇਸ਼ ਵਿਚ ਰਹਿੰਦਾ ਹੈ। ਕਦੀ ਮੈਂ ਭੀ ਵਿਦੇਸ਼ ਜਾ ਸਕਦੀ ਹਾਂ ?।

ਮੈਂ ਕਿਹਾ, "ਠੀਕ ਹੈ ਤਿਆਰੀ ਕਰੋ ਅਸੀਂ ਛੇਤੀ ਹੀ ਵਦੇਸ਼ ਚਲਾਂਗੇ"। ਓਹਨਾ ਦੀਨਾ ਵਿਚ ਹੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਸ਼ਹੀਦੀ ਪੁਰਬ ਆਉਣ ਵਾਲਾ ਸੀ। ਸ਼੍ਰੋਮਣੀ ਗੁਰੂਦਵਾਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਵੱਲੋ ੫੦੦ ਸ਼ਰਧਾਲੂਆਂ ਦਾ ਜੱਥਾ ਲਾਹੌਰ (ਪਾਕਿਸਤਾਨ) ਜਾ ਰਿਹਾ ਸੀ। ਅਸੀਂ ਪਾਸਪੋਰਟ ਬਣਾਏ ਤੇ ਲਾਹੌਰ ਦੀ ਤਿਆਰੀ ਕਰ ਲਈ। ਨੀਅਤ ਸਮੇ ਤੇ ਜੱਥੇ ਨਾਲ ਲਾਹੌਰ ਪੁੱਜ ਗਏ ਅਤੇ ਗੁਰੂਦਵਾਰਾ ਡੇਹਰਾ ਸਾਹਿਬ ਜਾ ਡੇਰਾ ਲਾਇਆ। ਸਾਡੇ ਨਾਲ ਸਾਡੀ ੨ ਸਾਲ ਦੀ ਬੱਚੀ ਭੀ ਸੀ। ਅਗੇ ਅਖੰਡ ਪਾਠ ਸਾਹਿਬ ਚਲ ਰਹੇ ਸਨ। ਦੋ ਰਾਤਾਂ ਗੁਰੂ ਘਰ ਵਿਚ ਵਿਸ਼ਰਾਮ ਕੀਤਾ। ਬਾਣੀ ਦਾ ਆਨੰਦ ਮਾਣਿਆ ਤੇ ਤੀਸਰੇ ਦਿਨ ਅਖੰਡ ਪਾਠ ਦਾ ਭੋਗ ਪਿਆ ਤੇ ਕੀਰਤਨ ਆਰੰਭ ਹੋ ਗਿਆ। ਥੋੜੀ ਦੇਰ ਬਾਦ ਇਕ ਐਲਾਨ ਹੋਇਆ ਕਿ ਜੇ ਕੋਈ ਸ਼ਰਧਾਲੂ ਫਗਵਾੜੇ ਤੋਂ ਆਇਆ ਹੋਵੇ ਤਾ ਦਫਤਰ ਵਿਚ ਆ ਜਾਵੇ।

ਅਸੀਂ ਦਫਤਰ ਵਿਚ ਪੁੱਜੇ ਤਾਂ ਸਕੱਤਰ ਸਾਹਿਬ ਨੇ ਸਾਨੂੰ ਇਕ ੫੦ ਕੁ ਸਾਲ ਦੇ ਬੰਦੇ ਨਾਲ ਮਿਲਾਇਆ ਤੇ ਕਿਹਾ,"ਦਫਤਰ ਵਿਚ ਤਾਂ ਭੀੜ ਹੈ, ਤੁਸੀਂ ਇਹਨਾਂ ਨਾਲ ਬਾਹਰ ਬੈਠ ਕੇ ਗੱਲ ਕਰ ਲਵੋ"। ਬਾਹਰ ਆਕੇ ਦੇਖਿਆ ਤੇ ਇਕ ਸਾਧਾਰਨ ਜਿਹਾ ਬੰਦਾ - ਚਿੱਟਾ ਕੁੜਤਾ, ਚਿੱਟੀ ਚਾਦਰ ਤੇੜ ਲਾਈ ਹੋਈ ਤੇ ਮੋਢੇ ਤੇ ਚਿੱਟਾ ਪਰਨਾ ਰਖਿਆ ਹੋਇਆ - ਬੜਾ ਭਾਵਕ ਹੋ ਕੇ ਮੈਨੂੰ ਪੁੱਛਣ ਲੱਗਾ,"ਸਰਦਾਰ ਜੀ, ਤੁਸੀ ਫਗਵਾੜੇ ਤੋਂ ਆਏ ਹੋ ?"। ਮੇਰੇ 'ਹਾਂ' ਕਹਿਨ ਤੇ ਉੱਚੀ ਉੱਚੀ ਰੋਣ ਲੱਗਾ ਤੇ ਨਾਲ ਹੀ ਮੇਰੇ ਗੱਲ ਲੱਗ ਕੇ ਜਾਫੀ ਪਾ ਲਈ। ਮੁਸ਼ਕਲ ਨਾਲ ਉਸ ਨੂੰ ਚੁੱਪ ਕਰਾਇਆ। ਕਹਿਨ ਲੱਗਾ,"ਮੇਰਾ ਨਾਂ ਮੁਹੰਮਦ ਹੁਸੈਨ ਹੈ ਤੇ ਜੜਾਵਾਲੇ ਮੰਡੀ ਵਿਚ ਮੇਰੀ ਦੁਕਾਨ ਹੈ। ਮੇਰਾ ਜਨਮ ਫਗਵਾੜੇ ਹੋਇਆ ਸੀ। ਤਲਾਬ ਦੇ ਕੋਲ ਮੇਰੇ ਚਾਚੇ ਦਾ ਢਲਾਈ ਦਾ ਕਾਰਖਾਨਾ ਸੀ। ਓਥੇ ਹੀ ਮੇਰਾ ਬਚਪਨ ਬੀਤਿਆ। ੧੯੪੭ ਵਿਚ ਮੈਂ ਆਪਣੇ ਪਰਿਵਾਰ ਨਾਲ ਇਥੇ ਪਾਕੀਸਤਾਨ ਆ ਗਿਆ। ਮੇਰਾ ਬੜਾ ਦਿਲ ਕਰਦਾ ਸੀ ਕਿ ਕੋਈ ਬੰਦਾ ਫਗਵਾੜੇ ਤੋਂ ਆਇਆ ਹੋਇਆ ਮੈਨੂੰ ਮਿਲੇ। ਜਦ ਮੈਨੂੰ ਪਤਾ ਲੱਗਾ ਕਿ ਹਿੰਦੁਸਤਾਨ ਤੋਂ ੫੦੦ ਬੰਦਿਆਂ ਦਾ ਜੱਥਾ ਆਇਆ ਹੈ, ਤੇ ਮੈਂ ਏਥੇ ਪੁਝ ਗਿਆ।

ਉਸ ਨੇ ਤਕਰੀਬਨ ੧੦-੧੨ ਬੰਦਿਆਂ ਦੇ ਨਾਂ ਲੈ ਕੇ ਮੈਨੂੰ ਓਹਨਾ ਦਾ ਹਾਲ ਚਾਲ ਪੁੱਛਿਆ। ਕਈ ਥਾਵਾਂ ਦੇ ਨਾਂ ਲਏ ਜੇੜੇ ਓਹਨਾ ਨਾਲ ਸੰਬੰਧਤ ਸਨ। ਮੈਂ ਉਸਨੂੰ ਦੱਸਿਆ ਕਿ ਮੈਂ ਫਗਵਾੜੇ ਸਰਵਿਸ ਕਰਦਾ ਹਾਂ ਤੇ ਅਜੇ ਥੋੜ੍ਹਾ ਸਮਾਂ ਪਹਿਲਾ ਹੀ ਓਥੇ ਗਿਆ ਹਾਂ। ਮੈਂ ਕਿਸੇ ਬੰਦੇ ਨੂੰ ਨਹੀਂ ਜਾਣਦਾ ਤੇ ਨਾ ਹੀ ਜ਼ਿਆਦਾ ਥਾਵਾਂ ਦਾ ਜਾਣੂ ਹਾਂ। ਫਿਰ ਕਾਫੀ ਦੇਰ ਗੱਲਾਂ ਕਰਦਾ ਰਿਹਾ। ਅਸੀਂ ਸਾਰਿਆਂ ਨੇ ਲੰਗਰ ਛੱਕਿਆ ਤੇ ਮੈਨੂੰ ਕਹਿਣ ਲੱਗਾ ਕਿ ਚਲੋ ਮੈਂ ਤੁਹਾਡੀ ਸ਼ੋਪਿੰਗ ਕਰਾ ਦਿੰਦਾ ਹਾਂ। ਸਾਡੀ ਸ਼ੋਪਿੰਗ ਕਰਨ ਦੀ ਕੋਈ ਸਲਾਹ ਨਹੀਂ ਸੀ, ਫਿਰ ਭੀ ਉਸ ਨੇ ਸਾਡੀ ਬੱਚੀ ਨੂੰ ਮੋਢੇ ਤੇ ਚੱਕ ਲਿਆ ਤੇ ਸਾਨੂੰ ਨੇੜੇ ਦੇ ਬਾਜ਼ਾਰ ਲੈ ਗਿਆ। ਥੋੜ੍ਹਾ ਫਿਰ ਤੁਰ ਕੇ ਅਸੀਂ ਵਾਪਸ ਆ ਗਏ। ਜਿਨ੍ਹਾਂ ਸਮਾਂ ਉਹ ਸਾਡੇ ਨਾਲ ਰਿਹਾ, ਫਗਵਾੜੇ ਦੀਆਂ ਹੀ ਗੱਲਾਂ ਕਰਦਾ ਰਿਹਾ। ਮੈਨੂੰ ਇਹ ਮਹਿਸੂਸ ਹੋਇਆ ਕਿ ਇਸ ਬੰਦੇ ਨੂੰ ਆਪਣੀ ਜਨਮ ਭੂਮੀ ਭੁੱਲੀ ਨਹੀਂ ਤੇ ਓਥੇ ਦੀ ਮਿੱਟੀ ਦਾ ਮੋਹ ਜੀਉਂਦਾ ਹੈ। ਤਕਰੀਬਨ ਦੋ ਘੰਟੇ ਪਿੱਛੋਂ ਉਹ ਵਾਪਸ ਜੜਾਂਵਾਲੇ ਚਲਾ ਗਿਆ। ਅਸੀਂ ਲਾਹੌਰ ਤੋਂ ਵਾਪਸ ਟ੍ਰੇਨ ਵਿਚ ਬੈਠੇ ਤੇ ਮੈਂ ਆਪਣੀ ਪਤਨੀ ਨੂੰ ਪੁੱਛਿਆ ਕਿ ਇਹ 'ਫੌਰਨ ਕੰਟਰੀ' ਕਿੱਦਾਂ ਦੀ ਲੱਗੀ ? ਉਹ ਕਹਿਣ ਲੱਗੀ ਕਿ ਇਹ ਤਾਂ 'ਫੌਰਨ ਕੰਟਰੀ' ਨਹੀਂ। ਇਹ ਤਾਂ ਆਪਣੇ ਵਰਗਾ ਹੀ ਹੈ।

ਭਾਵੇ ਮੈਂ ਸਮਝਾਇਆ ਕਿ ਜਿੱਥੇ ਪਾਸਪੋਰਟ ਲੈ ਕੇ ਜਾਈਏ ਉਹ 'ਫੌਰਨ ਕੰਟਰੀ' ਹੀ ਹੋਂਦਾ ਹੈ, ਪਰ ਉਸਦੀ ਤਸੱਲੀ ਨਾਂ ਹੋਈ ਤੇ ਕਹਿਣ ਲੱਗੀ, "ਸਾਰੇ ਲੋਕ, ਸਾਰੀ ਧਰਤੀ, ਸ਼ਹਿਰ, ਗਲੀਆਂ, ਖਾਣਾ-ਪੀਣਾ, ਸਭ ਕੁਝ ਆਪਣੇ ਵਰਗਾ ਹੀ ਹੈ ਤੇ ਇਹ 'ਫੌਰਨ ਕੰਟਰੀ' ਕਿੱਦਾਂ ਹੋਈ ?"। ਮੈਂ ਕਿਹਾ, "ਇਹ ਆਪਣੀ ਦੇਸ ਦਾ ਹਿਸਾ ਹੀ ਤਾਂ ਸੀ ਜੋ ੧੯੪੭ ਵਿੱਚ ਵੰਡਿਆ ਗਿਆ"।

1. What are some of the mindfulness questions we could ask ourselves daily?

There are no 'right' or 'wrong' questions for self-reflection. The best ones for us in any moment are the ones that carry us naturally and lovingly into deeper layers of who we are.What makes me feel alive?

- Why am I feeling anger/grief/anxiety/happiness in my body?
- What is the fear beneath all the other surface fears?
- What is most difficult for me to accept about myself?
- What do I judge in others that I, too, embody sometimes?
- What matters most to me?
- How would I describe the relationship I have with myself?
- If I only had one year left to live, how would I spend it?
- What is this moment asking of me?
- Do I practice what I preach?
- In a recent disagreement, what was I not acknowledging or accepting?
- What is my happy place?
- When do I feel most like 'me'?
- If I was sure to succeed, what project or course of study would I begin tomorrow?
- What thoughts, beliefs, or stories am I holding onto that no longer serve me?
- Who am I without using any words to define myself?

Max Arthur Macauliffe said in his lecture in England, "I am referring to you a religion that has God and Soul, which presents no mysteries and has an ethical system that has never been excelled, if indeed it has ever been equaled, I mean the Sikh religion." Virtues (good qualities, merits, excellences (Guna, sift, sheel) are not merely words but must be in action. Gun, Augun (bad deeds) and Vingun (without good deeds) have also been used in Gurbani. Virtue in Sikhism is defined by Guru Nanak as:

ਮਨੁ ਹਾਲੀ ਕਿਰਸਾਣੀ ਕਰਣੀ ਸਰਮੁ ਪਾਣੀ ਤਨੁ ਖੇਤੁ॥
ਨਾਮੁ ਬੀਜੁ ਸੰਤੋਖੁ ਸੁਹਾਗਾ ਰਖੁ ਗਰੀਬੀ ਵੇਸੁ॥
ਭਾਉ ਕਰਮ ਕਰਿ ਜੰਮਸੀ ਸੇ ਘਰ ਭਾਗਠ ਦੇਖੁ॥ *Ang 595*

Make your mind the farmer; good deeds the farm, modesty the water, and your body the field. Let the Lord's Name be the seed, contentment the plough and your humility is the fence. Doing deeds of love, the seed shall sprout, and you shall see your home flourish. Cultivate Virtues as mentioned herein are contentment, humility, and love. Clearly, Sikhism is about living (way of life) householder's life with development of character, discipline, knowledge and the most important ACTION. To achieve spiritual progress for self-realization ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਆਪਣਾ ਮੂਲੁ ਪਛਾਣੁ॥ Ang 441. - O my mind, you are the embodiment of the Divine Light - recognize your own origin.), the ideal self (Sachiara) must replace narrow egoistic perspective. This is moral creativity. The three aspects, Jat, Mat and Bhau (Conation, cognition and affection.) have to be realized. The spirit of surrender and humility integrated with valour (fearlessness) and absence of animosity (without rancour) (Nirbhau and nirvair) are essential for the seeker to attain the status of Gurmukh (Sachiara). Make no mistake humility is not cowardly humiliation. Conation, cognition and affection are essentials of ethico-spiritual philosophy.

2. How does mindfulness benefit people to manage their emotions and thoughts? It's emotions that save us during emergencies, not the thoughts, and it's emotions that signal to us how we feel

even before we think and label the feeling. Emotions are how the brain and the body communicate. When you have an emotional sense of suffering, your brain treats that the same as bodily injury.

With mindfulness for emotions, you direct your focus to where you sense them in the body and with mindfulness for thoughts, you pull focus to the body or the breath (a top-to bottom approach).

If you calm the body, it will calm the emotions, which in turn calm the thoughts (bottom-up approach).

From various scientific studies conducted, it is evident that, as one who aligns with a religious system, strengthens their personal connection to their beliefs, the task of coping with depression is eased. This link provides foundation for the overarching argument that religion's role in a person's mental health is equally important to that of clinical access, appropriate care and social acceptance.

The acknowledgment of depression (emotional overload) and its role theologically develops largely in the idea of its source. The roots of dukh or negative emotions, according to the Guru Granth Sahib can be separated into three categories: materialistic things, such as sexual desire and egotism, external factors such as loss of wealth, death of a loved one, and madness (attributed to alcohol), and emotional responses, such as taunts, hypocrisy, and anger (Kalra et al., 2013). These events and issues are all still relevant causes of and stressors for depression to this day, whose identification in centuries old scripture is remarkable. This serves as a reminder that in its core, Sikhism is a belief system which is aware of humanity, and the reality of the human existence. This particular mention of dukh not only acknowledges its presence, but it also acknowledges a variety of human faults, an important ability for a theology built on the idea of love for all.

Gurbani talks about complete surrender to His will and have Trust in Waheguru like we have in our parents. Following lines demonstrate it very beautifully.

ਸਿਰੀਰਾਗੁ ਮਹਲਾ ੧ ॥
ਮਰਣੈ ਕਿ ਚਿੰਤਾ ਨਹੀ ਜੀਵਣ ਕੀ ਨਹੀ ਆਸ ॥ ਤੂੰ ਸਰਬ ਜੀਆ ਪ੍ਰਤਿਪਾਲਹੀ ਲੇਖੈ ਸਾਸ ਗਿਰਾਸ ॥
ਅੰਤਰਿ ਗੁਰਮੁਖਿ ਤੂ ਵਸਹਿ ਜਿਉ ਭਾਵੈ ਤਿਉ ਨਿਰਜਾਸਿ ॥੧॥
ਜੀਅਰੇ ਰਾਮ ਜਪਤ ਮਨੁ ਮਾਨੁ ॥ ਅੰਤਰਿ ਲਾਗੀ ਜਲਿ ਬੁਝਿ ਪਾਇਆ ਗੁਰਮੁਖਿ ਗਿਆਨੁ॥੧॥ *Ang 20-21*

Celebrating One Humanity: A Sikh Perspective

Arthur Male

The Sikh vision is union sharing, reciprocating, reconciling and harmonising with all faiths, cultures and creeds. Resolving the dualities of reified reductionist reasoning, critical analysis and linear logic, Sikhs develop spontaneous intuitive reasoning to generate innate, self-evident, evolving, empirical knowledge creating conversations.

The Sikh culture implements new ways of teaching and learning utilising values-based knowledge creating conversations. Singing hymns, telling stories and studying scenarios, Sikhs are championing equality, equity and human rights. The Guru Granth Sahib Ji (Sikh Holy Scripture, or Gurbani) is written by the Gurus themselves, and includes verses of fifteen Bhagats and others, making it truly a scripture of Humanity. It explores the Reality and Truth of One God of all, seekers knowing their real self and truth and embracing faith in the Unfathomable, Infinite and Timeless Waheguru (God). Gurbani is structured with specific pause points (rahao) to promote devotees' understanding, chant Waheguru's Naam, listen in silence, understand Waheguru's commands (Hukam), act on them and, with Waheguru's Grace, achieve enlightenment. //Pause//

Sikhs apply the Sikh Creed (Mool Mantar) in their daily lives. Sikhs transform society spreading their messages of peace, love, joy and goodwill. At home and during their travels, the ten Gurus create compassionate, emancipatory ways of living, learning, teaching and working together. Through simran (meditation), seva (selfless service), katha (discourse), kirtan (Gurbani verses set to sacred music) and langar (free kitchen), the Sikh faith lights pathways to a more just society and harmonious future with Waheguru's values more firmly in place. Enabling every person to contribute, Gurbani urges us to inquire into the one subject we have yet to grasp firmly, the lighting systems of our minds. With gains in knowledge and on-going consolidation, our closeness to Wahrguru increases. This in turn is reflectd in our actions in everyday life.

We are all global citizens engaging with kindness the problems of our conflicted society. Difficulties similar to those the Sikh Gurus experience: hypocrisy, despair, anger, greed, exploitation and the abuse of power. We aspire to intimacy and affection. We sometimes feel like fools and imposters. Deferring to no other authority, we weave cobwebs in our minds we call thinking. Maya (attachments to "I" and ego) distracts us. To be considered civilised and to survive, individuals and society need to develop education life-plans that include caring about and protecting every person. //Pause//. The key to Sikh mukhti (liberation) is Oneness. We master Eternal Principles studying the soul's conversation curricula: reverence, gratitude, justice, dignity, peace, glory, caring, praise, prayer, joy … the unstruck melody.

The Sikh faith, culture and creed free us to be champions bridging gaps between destructive world values and Sikh values. Sikhs believe the best way to praise Waheguru is to focus our personal power, authority and genius on finding solutions, correspondence and flow in the everyday world. From a Sikh perspective, there is little purpose in criticising any person or system. For Sikhs, truth, duties, knowledge, salvation and grace establish self creating expanding awareness, diversifying adaptabilities and creative emerging whole life systems. We are perfecting who we are and can be. We are sharing our experiences and knowledge of the Sikh way of life with everyone we meet. We are re-joining the Source.

Sikhs stabilise the transition from known to Unknown to known with unparalleled devotion, bravery, mastery and integrity. The Sikh culture is unique in its ability to hold people accountable and responsible for everything they are doing and saying. The Sikh creed elevates wisdom, values, virtues and trust structures to achieve learning accords. Sikhs are artists, scientists, educators and activists. Sikhs formulate the means and the criteria for a more effective way of education: the authority, autonomy, access and huge wealth of experiences of people originating knowledge creating conversations with self, others, nature and the Unknown in all fields, disciplines and subject domains. //Pause//

Sikh knowledge creating conversations are love songs to Waheguru (the wondrous destroyer of darkness). Guru Nanak's blessing for every person he meets is "*tennun Kartar chit ave*" (may you ever remember the Creator). Sikhs know simran, kirtan, katha, langar and seva imbue still, silent calm. The Gurus enlighten people with unequalled intuitive power in open, public forums. The Gurus evoke the power of their conversations with Waheguru joining Khalsa (pure living) and Gurbani in their daily lives. The same intuitive poise is available to us, if we engage it. We can mould our virtues, vices and endlessly unfolding inquiries of discovery and invention into the possible and reasonable. We can implement our personal, individual relationship with God, the Gurus and Gurbani with Waheguru's grace.

The Ultimate Reality, Waheguru, can be realised in this life by the *gurmukh* devotee, by progressing from teachings of the scripture to deep personal meditation or *Simran*, until Waheguru's Grace is experienced. The Gurus encourage the devotee to seek enlightenment in the company of the holy such as *Sadhus* (*saadh sangat*). Today, the 11th Guru, Guru Granth Sahib, shows the path to liberation to millions all around the world. We are celebrating a culture of fearless and faithful caring for ourselves, others, nature and the Unknown. We play many characters in the game of life. Miracles connecting moment to moment in the Divine Infinite Creation create a magic show overcoming the world drama. Our mistakes are transformed into positive experiences and virtues. There is One and no other. We are fostering opportunities to live, learn, love and work together. Anger becomes effort. Ego becomes gratitude. We are on a journey to truthful living. We are fulfilling our intuition and true purpose. //Pause//

Hemkunt Symposium 2021

Barinder Kaur & Manpreet Kaur

Seven of our Panjabi school children took part in the **Hemkunt Speech Competition**. Against all odds we decided to run the competition in person. The Hemkunt Symposium is conducted worldwide. It helps children to learn about Sikh history, culture and philosophy. More importantly, it enables children to gain confidence in public speaking. It equips them with an invaluable life skill which they can use in day-to-day life, school, college and University. Hemkunt Foundation details at https://www.hemkunt2.org/2021-info/

The theme this year was **The Ninth Nanak – Guru Teg Bahadur ji**.

The children are given five questions to guide their research. The children do not just learn historic facts, they are expected to relate their learning to their day-to-day living. For example in group 2, one of the questions was:

"What advice did the Ninth Nanak give to angry and hostile people to live in peace? How would you deal with your anger without hurting anyone?"

Our students performed their speeches at our Gurdwara on the 10 July and went on to participate in the Zonal Virtual Symposium on the 24 July. I am delighted to report that the following students will take part in the Virtual International Competition. On behalf of the Sri Guru Singh Sabha Gurdwara I wish them well.

Group 1 – Jeet Singh

Sahib Singh – Group 2

Sukhmani Kaur – Group 2

Ishpreet Kaur – Group 2

Gurleen Kaur – Group 2

Ishbir Singh – Group 3

A Mother's Experience – India & UK

Growing up in India was quite different because we were closely involved with Guru Gobind Singh study circle and attended summer camps every year. It was an amazing experience which left me and my brothers with a different perspective of life and Sikh values.

When I moved to UK and started my family, I wasn't too sure I can provide the kids with a similar life experience. When I heard about Hemkunt speech competition in 2016, it was a God sent. I finally could enable my children to learn Sikh history and values, public speaking and confidence building all at the same time.

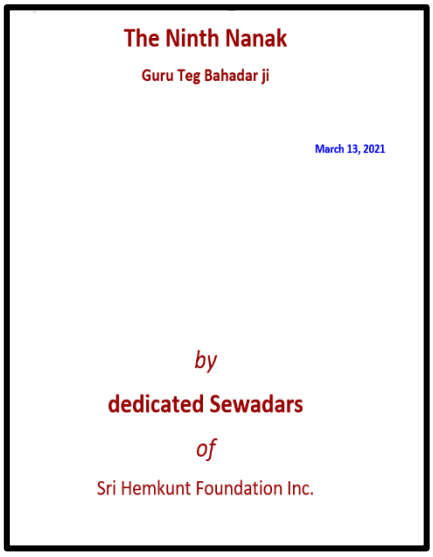
Don't get me wrong, it wasn't easy because children want to do everything else but practice their speech and life gets in the way all the time. However, I had to attach a few perks with doing the practice so they actually do it. Plus the Hounslow Gurdwara organising team provided immense support to the children and parents by conducting practice sessions with public speaking guests, who volunteered to listen to individual speeches and provided constructive feedback along with practical steps to improve the delivery of the speech.

This year because of Covid, it was particularly difficult. We did not have enough time to prepare the speeches since it was a last minute push by the Hemkunt Symposium. Even so, the level of participation was not too shabby. The support was provided despite the time constraints. 6 children from our centre went onto the internationals which is an amazing achievement in itself.

Zonal competitions happened on Saturday the 24th July. Although a bit mismanaged (probably because it was the first of its kind) the competition commenced successfully. We had a parent and participants' meeting yesterday from 5-8pm which gave us all an opportunity to be better prepared for the internationals, know the rules properly and share our feedback on the existing process. It also showed how many of us want to be part of this movement to inculcate the Sikh values in our new generations with parents all around the world wanting to volunteer in the research of the materials for upcoming speeches.

It is worth mentioning here, that the books created by Hemkunt Symposium are generated after hours of research, so that the resulting material matches the Sikh line of thought and sifts out any myths. A lot of parents shared their views on how the fairy tales of Chamatkaar have infiltrated the Sikh history and are overshadowing the actual facts.

The hot topic was the Guru Teg Bahadur book (The Ninth Nanak) created this year for all year groups. It takes us away from the myths like, childhood name of Guru Teg Bahadur ji being quoted as Tyag Mal.* It brings us closer to the fact that Guru Teg Bahadur was publicly given the gurugaddi, one month before Makhan Shah Lobana's visit to Bakalay and that Guru Teg Bahadur ji was the 2nd most travelled Guru to go on long missionary trips instead of meditating in seclusion. I believe Hemkunt Symposium is doing an extraordinary job in bringing Sikhs from all over the world together to sift the impurities that have infiltrated our faith.



Everyone is looking forward to the internationals happening next Saturday 31st July with a lot of anticipation. Best of luck to all the participants who did so well in the zonals. It might not be as exciting as getting a red carpet welcome in US and being part of the buzz, but an international is an international with or without the BLING.

* Source: *Gur Itihas (Patshahi 2-9)*, by Prof Sahib Singh, Singh Brothers, Amritsar.

SAAWAN (ਸਾਵਣ) - 5th Month Nanakshahi

Bal Bir Kaur Rehal

The month of Saawan (16 July - 15 August) provides great relief to the rural agricultural societies in Panjab, India, that have spent the two preceding months of very hot and uncomfortable summer working in the heat. The rainy season has now come, everyone feels good, there is an atmosphere of celebration and beautification, especially among the younger women who enjoy the dancing, adorned with colourful clothing and jewellery.

When the outside environment is so joyful, one's internal reflection naturally happens at a deeper level. However, celebrations and beautification in the absence of connection or intimacy are a waste. How can we experience the internal 'rain'?

Guru Arjun Dev Ji shows us the way in his Bani Bhara Maha in Sri Guru Granth Sahib Ji on Ang 134.

ਸਾਵਣਿ ਸਰਸੀ ਕਾਮਣੀ ਚਰਨ ਕਮਲ ਸਿਉ ਪਿਆਰੁ ॥

In the month of Saawan, the soul-bride is happy, if she falls in love with the Lotus Feet of the Lord.

ਮਨੁ ਤਨੁ ਰਤਾ ਸਚ ਰੰਗਿ ਇਕੋ ਨਾਮੁ ਅਧਾਰੁ ॥

Her mind and body are imbued with the Love of the True One; His Name is her only Support.

ਬਿਖਿਆ ਰੰਗ ਕੂੜਾਵਿਆ ਦਿਸਨਿ ਸਭੇ ਛਾਰੁ ॥

The pleasures of corruption are false. All that is seen shall turn to ashes.

ਹਰਿ ਅੰਮ੍ਰਿਤ ਬੂੰਦ ਸੁਹਾਵਣੀ ਮਿਲਿ ਸਾਧੂ ਪੀਵਣਹਾਰੁ ॥

The drops of the Lord's Nectar are so beautiful! Meeting the Holy Saint, we drink these in.

ਵਣੁ ਤਿਣੁ ਪ੍ਰਭ ਸੰਗਿ ਮਉਲਿਆ ਸੰਮ੍ਰਥ ਪੁਰਖ ਅਪਾਰੁ ॥

The forests and the meadows are rejuvenated and refreshed with the Love of God, the All-powerful, Infinite Primal Being.

ਹਰਿ ਮਿਲਣੈ ਨੋ ਮਨੁ ਲੋਚਦਾ ਕਰਮਿ ਮਿਲਾਵਣਹਾਰੁ ॥

My mind yearns to meet the Lord. If only He would show His Mercy, and unite me with Himself!

ਜਿਨੀ ਸਖੀਏ ਪ੍ਰਭੁ ਪਾਇਆ ਹੰਉ ਤਿਨ ਕੈ ਸਦ ਬਲਿਹਾਰ ॥

Those brides who have obtained God-I am forever a sacrifice to them.

ਨਾਨਕ ਹਰਿ ਜੀ ਮਇਆ ਕਰਿ ਸਬਦਿ ਸਵਾਰਣਹਾਰੁ ॥

O Nanak, when the Dear Lord shows kindness, He adorns His bride with the Word of His Shabad.

ਸਾਵਣੁ ਤਿਨਾ ਸੁਹਾਗਣੀ ਜਿਨ ਰਾਮ ਨਾਮੁ ਉਰਿ ਹਾਰੁ ॥੬॥

Saawan is delightful for those happy soul-brides whose hearts are adorned with the Necklace of the Lord's Name. ||6||

Celebration and beautification in the absence of connection or intimacy are a waste. Guru ji reveals to us: "That alone is a Suhagan, or the connected seeker, who remains united in the embrace of the spouse' WAHEGURU". May we strive to experience the internal 'rain'.

Green Corner

Supinder Kaur Gill

Dear Readers Sat Sri Akal to all!

London in Bloom

A big shout out to everyone who helped in the assessment for London in Bloom. Now we have to wait for the results.

New Urban Forest Mapping

Have you ever wondered how old a tree is? Or wanted to check a species while out for a walk?
Now, for the first time ever, Hounslow's trees will be mapped online for residents to explore in a new interactive website.

Greentalk will help residents connect with and explore vast range of trees across the borough's parks and open spaces.

Hounslow has over 120,000 trees of more than 350 species which are owned and managed by the Council – and that number is always growing.

The new Greentalk interactive website will provide residents with unique in-depth details about their trees including species, age, height, how rare or common the tree is, and who is responsible for pruning, watering and general maintenance.

The interactive map allows you to explore the greenest nature walks nearby or create a route from any starting point. The website will soon feature opportunities for residents to leave comments or 'likes' and send feedback to the council and even the opportunity to adopt a favourite tree.

Film Commission

Akademi and Watermans are commissioning an artist / small collective working with South Asian dance forms to create a new dance film based on issues around climate change. The film will be screened as part of Watermans Season for Change Programme in November 2021.

The £8000 commission is open to choreographers and filmmakers working with South Asian dance. Akademi are inviting applications through a written proposal.

Proposal Deadline: Thursday 12th August - 12pm
If you would like to know more, please visit our website:

Dance Film Commission

Welcome to Guru Har Rai Bagh

Painted on reused slates in chalk, this sign is an imaginative creation of Arrav and Shanaaya Sarihyan.

SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

Participants must be registered on our matrimonial database to benefit from this service.

Personal and telephone enquiries are welcome as follows:

Monday – Sunday 10:00am – 2:00pm Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or ootherwise, for any alleged act of negligence, omission, or commission by either of the parties cconcerned, nor will it be liable for any legal action.

The Gurdwara current list of our matrimonial partners appears below.

MALES

Ref No	*Birth Date*	*Academic Qualification*	*Present Employment*	*Height*
2880	08/04/94	Degree Geography	Law Enforcement	5' 05"
2881	10/07/75	LLB	Transport	5' 09"
2882	16/01/94	MBBS, BSC(hons)	Doctor	6' 00"
2883	22/03/90	MPharm	Army Officer, Pharmacist	6' 01"
2884	14/04/91	BSc Maths, MSc Finance	UBS Investment Banker Strategist	5' 11"
2885	27/06/92	BDS	Dental Surgeon	5' 10"
2886	31/08/89	BDS,BEng, MSc Dental Implant Surgery	Dentist	6' 04"
2887	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2888	31/01/93	BSc(hons) Financial Mathematics	Banking Analyst	5' 11"
2889	23/05/95	M Pharm(hons)	Pre-Reg Pharmacist	5' 11"
2890	17/09/89	LLB Law	Solicitor	5' 10"
2891	06/09/92	BA(hons) Business & Computing	Ffinance Officer-LBH Council	5' 07"
2892	06/11/87	BSc(hons) Pharmaceutical Science	Manager at Pharmaceutical co.	5' 10"
2893	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2894	06/01/58	BSc(hons)	Senior Tech. Cons. on sabatical	5' 08"
2895	28/11/92	BSc Economics, Chartered Accountant	Financial Analyst	5' 08"
2896	02/04/92	BSc Computer Science	IT Consultant	6' 01"
2897	18/05/92	BDS, MJDF	Associate, on specialist training	5' 08"
2898	17/07/88	BSc Economics, Chartered Accountant	International Tax Director	6' 00"
2899	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2900	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2901	16/11/94	BA Economics	Management Accountant	5' 10"
2902	08/05/81	A Levels	Managing Director	5' 07"
2903	02/09/91	Engineering degree Construction	Estate Agent-own business	6' 00"

2904	01/04/88	CIMA (part qualified)	Management Accountant	5' 11"
2905	10/05/85	A Levels, Diploma	Renault	5' 05"
2906	30/07/93	BA Hospitality & Management	Hotelier	5' 09"
2907	15/09/88	BA Accounting & Finance	Manager, EE Mobile Co.	5' 08"
2908	05/11/91	LLB	Lawyer	6' 02"
2909	22/02/93	BDS	Dentist	6' 00"
2910	17/04/94	BDS Dental Surgery	Dentist	6' 01"
2911	25/04/94	MBBS, BSc(hons)	NHS Hospital Doctor	5' 08"
2912	19/03/95	Dip.General Nursing,stdy BSc Health	Health Care Assistant	5' 08"
2913	20/03/91	BSc Mathematics	Chartered Accountant	6' 02"
2914	31/12/78	Dip. In Yoga, Dip. In Business	Director	6' 00"
2915	26/08/93	BSc Computing	Senior Manager-Local Gov.	none
2916	01/07/90	BSc Maths, Chartered Accountant (ICAS)	Investment Management	5' 11"
2917	26/04/88	A Levels	Aviation	5' 07"
2918	09/06/77	College	British Airways	6' 01"
2919	24/08/93	MSc Systems Engineering	Software Developer	5' 08"
2920	17/07/95	BA Business Studies	Unemployed	6' 03"
2921	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2922	13/01/93	BA Business Management	Accounts Assistant	5' 07"
2923	09/10/87	B Eng (civil Engineering)	Property Developer	6' 02"
2924	02/11/74	B Eng MSC	Senior Project manager	5' 09"
2925	03/12/94	BA Econ & Politics MSC Real Estate	Corporate Investments	5' 11"
2926	30/01/94	BA Finance and CIMA	Accountant	6' 03"
2927	26/05/91	Bsc Business Studies	IT Consultant	6' 02"
2928	09/11/91	BSc Economics, Chartered Accountant	Chartered Accountant	6' 02"
2929	07/06/84	BSc, MSc Computer Sci.	Ops. Director Family business	5'11½"
2930	01/04/91	BA Accounting & Finance, ACCA	Business Analyst	6' 01"
2931	15/08/89	BSC(hons), PGCE,, NPQML	Maths Specialist Teacher	5' 10"
2932	15/11/86	MSc Information Technology, MBA	Senior Software Architect	5' 11"
2933	15/10/74	GCSE, BTEC Business & Finane	British Airways-Check In	5' 10"
2934	11/02/94	BSc(hons) Biochemistry, Dentistry	-	5' 08"
2935	17/10/91	BSc (hons)	Actuary	5' 10"
2936	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2937	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2938	26/07/90	MBBS, FRCR	Hospital Doctor-ST5 final yr	5' 10"
2939	26/08/95	BDS	Dentist-self employed	5' 9.5"
2940	29/07/94	BSc(hons), MBBS	NHS Hospital Doctor	5' 10"
2941	19/01/89	BSc Business Mananement	Online Sales at Sky TV	6' 00"
2942	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2943	22/01/88	MBBS, BSC(hons), FRCR	Radiology Consultant	5' 10"
2944	12/08/95	Dispensing Optician	Store Manager-Specsavers	5' 11"
2945	30/01/90	Carpentry	Property Management	5' 06"
2946	11/10/94	BSc, ACA	Chartered Accountant	5' 09"
2947	26/09/82	Accountancy	Own Business- EstateAgency	5' 11"
2948	25/02/93	BA(hons) Airline/Airport Management	Regional Education Manager	5' 11"
2949	19/05/95	MBChB	Junior Doctor	6' 00"
2950	28/08/93	MSc Quantity Surveying	Covid Trace & Track Admin.	6' 02"
2951	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2952	20/05/87	Degree Building Surveying	Senior Risk Officer	5' 09"
2953	25/04/88	M Eng Materials Sci. & Eng., ACA	Senior FinanceBusiness Partner	5' 09"

2954	16/03/86	MSc Structural engineer, B Eng(hons)	Project designer	5' 10"
2955	07/10/88	BSc Pharmacy	Own Pharmacy Business	6' 01"
2956	26/04/97	Degree Maths & Physics	Policy Advisor in Civil Service	6' 02"
2957	06/02/90	MBBS	NHS Doctor	6' 02"
2958	18/03/90	Charter Accountant	British Gas	5' 08"
2959	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2960	20/09/79	BSc, MSc Info. Security	Business Owner	5' 10"
2961	11/12/90	BSc(hons) Computer Science	Automation Engineer	6' 00"
2962	01/08/79	BSc IT Computer Studies	IT Engineer	5' 08"
2963	25/09/88	BA Sociology, GDL, LPC	Solicitor	5' 10"
2964	24/01/93	Degree Civil Engineering	Senior Quantity Surveyor	6' 00"
2965	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer(ARM)	5' 07"
2966	03/09/87	MSc Computer Science	End Point Clinical IT Consultant	5' 10"
2967	23/03/88	BA(hons); ACCA Chartered Accountant	Finance Project Manager	5' 09"
2968	18/09/88	MBBS	Psychiatrist (Specialist Doctor)	5' 08"
2969	09/04/96	BSc(hons), MSc(hons)	Educational Supp./Private tutor	5' 07"
2970	15/12/94	BSc(hons) Quantity Surveying	Quantity Surveyor Comm. Mngr	6' 00"
2971	27/07/88	Medical Doctor	NHS	6' 00"
2972	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2973	28/04/93	BSc(hons) Media Studies	Intermediate Level Programme	5' 09"
2974	09/12/87	BA, ACA	Chartered Accountant	6' 02"
2975	13/03/87	BSc Finance & Accounting	Management AccountingAnalyst	6' 00"
2976	29/09/84	MBBS	GP Doctor	5' 06"
2977	26/11/82	LLB	Lawyer	5' 09"
2978	15/03/91	Degree Computer Studies	IT Analyst	5' 03"
2979	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2980	28/06/86	B Eng(hons) Electronic Engineering	Aerospace Design Engineer	5' 06"
2981	27/06/89	BA Econ & History, MA Management	Demand Planner	5' 10"
2982	06/07/93	BSc Biomedical Science	Biomedical Scientist	5' 07"
2983	28/10/95	Degree	Engineer	6' 01"

FEMALES

Ref No	*Birth Date*	*Academic Qualification*	*Present Employment*	*Height*
9263	14/03/90	LLB	Solicitor	5' 02"
9264	07/01/89	MBChB, MSc, MRCS	ST3 Surgical Registrar	5' 08"
9265	27/12/85	AAT Accounts	Credit Controller	5' 08"
9266	21/01/90	BSC Psychology	Senior Dental Nurse	5' 09"
9267	13/10/92	BA Economics, stdy. CIMA	Finance Analyst	5' 03"
9268	06/01/94	MA Human Resource Management	HR Advisor	6' 00"
9269	01/11/90	BSc(hons) Economics	VP Investment Banking	5' 04"
9270	12/01/90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"
9271	28/01/89	BSc(hons), MSc, MBA	NHS England-Senior Director	5' 04"
9272	22/12/93	BSc, Masters degree	recruitment Consultant	5' 03"

9273	18/12/93	masters International Studies	Civil Services	5' 03"
9274	17/11/86	BM Bmed sci(hons)	NHS Doctor	5' 05"
9275	13/09/80	Masters	Account Director	5' 03"
9276	22/03/86	Degree Business Economics	Strategy&Digitilisation Manager	5' 04"
9277	24/09/85	BA Business Management	British Gas, p/t study	5' 04"
9278	25/05/89	Masters Mathematics	Actuary	5' 07"
9279	28/03/88	CACHE Diploma Childcare	Radiology Assistant-NHS Hosp.	5' 06"
9280	21/10/93	CACHE Level 3 Dip. Nursery Nurse	Local School	5' 00"
9281	06/07/91	BSc(hons), ICAEW ACA	Group Financial Accountant	5' 10"
9282	04/06/92	M Pharm	Pharmacist	5' 07"
9283	04/02/97	BSc, McOptom	Optometrist	5' 03"
9284	12/05/86	BA(hons)	SVP Creative & Content	5' 08"
9285	21/06/82	BSc(hons)Business Management, CIPD	HR Manager	5' 04"
9286	30/01/88	BDS	Dentist	5' 00"
9287	20/08/85	BSc Optometry	Optician	5' 06"
9288	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9289	19/01/93	MBBS, BSc(hons)	Doctor	5' 02"
9290	29/08/88	LLB	Contract Manager	5' 05"
9291	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9292	12/02/87	BSc(hons), CIPFA	Accountant	5' 02"
9293	12/09/91	MPharm	Pharmacist	5' 04"
9294	28/05/93	LLM, Postgraduate	Solicitor	5' 06"
9295	13/07/91	Deg. Accountancy/Finance, stdy ACA	Bank- Finance Management	5' 04"
9296	30/11/92	BA(hons) Business	HR	5' 07"
9297	10/11/78	BA(hons) Fashion Design	Reference Co-ordinator, HR	5' 04"
9298	24/08/84	MBChB, PhD	Doctor in NHS	5' 04"
9299	09/11/96	BSc Accounting, ACA	Accountant	5' 04"
9300	12/04/84	PostGraduate	Education Welfare Officer	5' 04"
9301	16/06/95	Foundation Deg. Pharmaceutical Sci.	NHS Pharmacy Technician	5' 05"
9302	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Deputy ManagerPrivate Nursery	5' 01"
9302	14/08/75	BSc(hons), MBA, PhD	Associate Director-Gen. Med.	5' 07"
9304	16/06/96	MBBS, BSc(hons)	NHS	5' 07"
9305	04/12/86	LLB, PGCE	Teacher	5' 03"
9306	04/12/81	MSc Physics	Research Scientist	5' 09"
9307	16/09/96	Bsc Maths and Economics	Technical Business Analyst	5' 03"
9308	29/03/79	BSc(hons) Pharmachology	Senior manager	5' 07"
9309	21/07/92	MDS	Dentist	5' 04"
9310	09/02/92	BSc Biomedical Science	Clinical Trials Data Manager	5' 05"
9311	28/01/94	BSc Biomedical Scicenc, BDS	Dentist	5' 00"
9312	28/08/92	BSc(hons),ACA Chartered Accountant	International Tax Advisor	5' 09"
9313	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9314	26/05/81	BSc,ACA(fellow)Chartered Accountant	Director of Policy	5' 04"
9315	12/06/84	BSc(hons),ACCA Chartered Account.	Senior Financial Analyst	5' 07"
9316	08/02/86	LLB, LLM	Lawyer	5' 06"

9317	05/06/96	MBBS	Junior Doctor(2nd year)	5' 08"
9318	05/09/92	BSc, MBBS	Doctor in Hospital	5' 06"
9319	05/08/95	Dentist	-	5' 03"
9320	27/02/86	BSc Business Info. & Technology	Systems Analyst	5' 04"
9321	16/09/93	MBChB(hons), BSc(hons)	Doctor	5' 03"
9322	09/08/95	LLB(hons) Law	Legal Advisor, Civil Service	5' 5½"
9323	03/01/78	6 GCSE A-C	Learning Support Assistant	5' 00"
9324	29/09/92	Graduated, CPL	-	5' 05"
9325	03/12/93	BSc(hons), ACCA	Management Accountant	5' 07"
9326	03/12/93	Degree(hons) Economics & Finance	Senior Credit Risk Analysis	5' 04"
9327	13/03/91	MBBS, BSc(hons)	NHS Hospital Doctor	5' 07"
9328	21/02/95	Deg. Finance/Accounting/Bus. Std.	working in Bank-Finance Dept	5' 04"
9329	03/07/93	MBBS, BMedSc	NHS Doctor	5' 06"
9330	12/11/83	Solicitor	Solicitor	5' 04"
9331	10/10/91	BSc Economics&Financa, ACCA	-	5’ 04”
9332	25/11/93	DDS-Dentist	self employed	5' 08"
9333	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9334	10/07/86	MA	Teacher	5' 10"
9335	20/08/94	MBBS, BSc(hons)	Doctor	5' 05"
9336	01/03/88	MBBS Doctor	GP	5' 04"
9337	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9338	18/02/77	Masters	Learning & Development HSBC	5' 06"
9339	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9340	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9341	12/03/93	BDS(hons)	Dentist	5' 02"
9342	14/02/95	BSc(hons) Maths,PGDip Education	Teacher	5' 06"
9343	08/03/80	Degree Business & Marketing	Administrator in Law firm	5' 02"
9344	26/03/91	Mc Optom	Optometrist	5' 03"
9345	27/11/81	BSc Math & Management, ACA	Director	5' 06"
9346	21/05/84	CIPD Level 5	HR Assistant	5' 06"
9347	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9348	30/11/88	BSc(hons); MPharm,MRES Immunology	Pharmacist	5' 07"
9349	10/06/95	BSc(hons),MSc Pharmaceutical Quality	Manufacturing Investigator	5' 05"
9350	01/08/92	Master Chemical Engineering	Project Manager	5' 01"
9351	04/02/94	BSc(hons) Neuroscience	Private Equity Investor	5' 08"
9352	25/10/84	LLB	Lawyer	5' 05"
9353	15/08/91	BSc(hons) Information Systems	Business Analyst	5' 05"
9354	05/06/89	BA(hons) Finance, Maths& Stats	Reach Programme Administrator	5' 10"

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

One Universal Creator God, Realised By the Grace of |The True Guru

FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.

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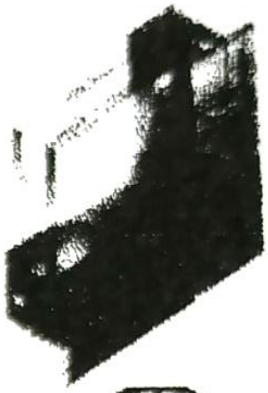

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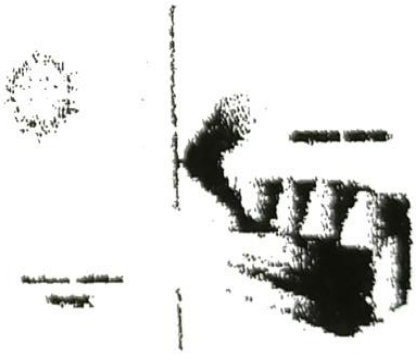

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